

CUMMINGTON COUNCIL ON AGING

NEWSLETTER

JUNE, 2015

Cummington Council on Aging
P.O. Box 95,
Cummington, MA 01026
413-634-2262
coa@cummington-ma.gov



Carolyn Urekew, Director
Hours:
Wednesday & Friday
9 AM—12 PM

EVENTS – JUNE, 2015

Mondays:

Osteoporosis Exercise	9:30-10:30 AM
Coffee Hour	10:30-11:30 AM
Board of Assessors Assistant (office hours)	9:30-11:30 AM
Town Admin. Asst.	9:00-11:00 AM
Needlework Group	1:30-3:30 PM
Bryant Library	6:00-9:00 PM
Veteran Agent 1 st and 3 rd Monday	9:00-11:00 AM

Tuesday:

Town Admin. Asst.	9:00-11:00 AM
COA POTLUCK Luncheon, June 16, Noon (3 rd Tuesday)	
Board of Health Meeting: 1 st & 3 rd Tuesday	7:00 PM
Veteran Agent, 3 rd Tuesday	6:00-8:00 PM
Williamsburg Town Office	

Wednesday:

COA office hours	9:00-12:00 PM
Chair Yoga	12:00-1:00 PM
Tap Dancing	4:00-4:45 PM
Bryant Library	6:00-9:00 PM
Compactor	5:30-7:30 PM

Thursday:

COA Board of Directors, June 4th,	9:30 AM
Town Clerk	6:00-7:30 PM
Selectboard	7:00 PM
Board of Assessors Mtg 2 nd & 4 th Thurs.	6:00-8:00 PM
Building Inspector	6:00-8:00PM

Friday:

COA office hours	9:00-12:00 PM
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Saturday:

Compactor	7:00-11:00 AM
Bryant Library	8:30AM-12:30PM

****Board of Directors** will meet **June 4, 9:30 am.**

The Cummington Ladies Lunch Bunch outing on May 13th at the Fish Hook Restaurant in Northampton was a nice get together of 9 Ladies. We all enjoyed a wonderful lunch and comradery. Our next outing will be on **June 10th at the Williamsburg SnackBar in Haydenville.** We will meet at the church at 11:00 am to carpool and to be at the restaurant by 11:30 to miss the start of the lunch rush.

The April **Potluck Luncheon** on Tuesday, April 21st, was a largely attended event and we are hopeful this trend will continue. **Our June 16th Potluck Luncheon** will be at **12 noon** at the **Community House.** We will have Cummington's own author **Frances Henry** present her new literary work for us following lunch. Hope to see all there!

Help prevent **Osteoporosis** and have fun doing it!!!!
Mondays at 9:30 am

Coffee Hour is being held at **10:30-11:30 am every Monday** after the Osteoporosis exercise class.

Tap Dancing Classes at the Community House **every Wednesday 4 to 4:45 pm.** It is being led by our own multi-talented Sue Forgea 634-5458.

Neighbor to Neighbor drivers!! Because of generous donations that have been made to the Council on Aging for our program support, we **will** be able to continue this program. Anyone willing to volunteer to drive, please contact Carolyn any Wednesday or Friday at her office, 634-2262.



**** Van Schedule:** The weekly run to Northampton is for shopping on Tuesdays mornings. Afternoons are for medical appointments. Other van runs will be made to Northampton, Pittsfield, or special field trips on an "as needed" basis. **Call Ellie Loomis, 268-7582 in advance!**

On June 16th the Berkshire Trail Elementary School will have its final Field Day event. Our COA's Don Morton, Jim Martin and Anne Parsons will be handing out the ice cream sandwich dessert.

Attention all artists!!



William Francis Galvin, Secretary of the Commonwealth is pleased to announce the 19th Annual Senior Art Exhibit. Sponsored by his office, the theme for 2015 is the 250th Anniversary of the Liberty Tree and is open to all citizens age 62 or older. Guidelines are as follows: Entries will be accepted from both amateur and professional artists and will be displayed at the Commonwealth Museum. All medium of art is acceptable (Oils, Watercolor, Pastels, Ink, etc). The artwork should represent personal interpretations of the ideals and principles of freedom. Size requirements are a minimum of 5X7 and a maximum of 18X24. If an artist is unable to mat and frame the entry, his office will provide matting using basic materials.

If you are an artist interested in entering, call the Cummington COA at 413-634-2262 for more info. The deadline for entries is July 1, 2015.

ADDENDUM TO RESOURCE DIRECTORY On Page 5

Elder Abuse Hotline 800 922-2275
Highland Valley Elder Services 413 586-2000
 Elder abuse refers to any knowing, intentional, or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to a vulnerable adult age 60 or over.

Hilltown Van 413 268-7582

Call Eleanor Loomis **ASAP before trip**

To Northampton – Tuesday (\$4.00)

To Pittsfield -- Wednesday (\$4.00)

Van Schedule: The weekly run to Northampton is for shopping on Tuesdays mornings. Afternoons are for medical appointments. Other van runs will be made to Northampton, Pittsfield, or special field trips on an "as needed" basis. Call Ellie in advance!

Hilltown Food Pantry 413 268-7578

at Goshen Town Hall – Diane Meehan, Director.

Each Wednesday, 1-3 pm and 3rd Wednesday, 1-6 pm. Clients of the pantry may pick up free boxes of groceries monthly, as available. Please bring social security numbers of all family members applying at this site.

Jane Neri local HEN Coordinator for help with household chores and errands, **413-634-5703.**

Regional Activities

Other area Senior Centers offer activities that all are welcome to attend: Here are some of the offerings: (See Resource List on pg 5 for phone numbers.)

Chesterfield:

Advanced Tai Chi Mondays, 9:30 am

Feldenkrais, Mondays, 7 pm

Chair Yoga, Tuesdays, 10 am

Mah-Jongg, 1-4

Beginner's Tai Chi, Thursdays, 6:30 pm

Cummington:

COA Potluck Luncheons,

Osteoporosis Exercise, Mondays, 9:30 am

Chair Yoga, Wednesdays, noon

Goshen:

COA Potluck Luncheons

Foot Care Clinic, Kip Moeller

Plainfield:

Bi-monthly COA Potluck Luncheons

Westhampton:

Knitting Group, Library, Mondays, 6:30 pm

Coffee & Social Time, Library, W'days, 10 am

Computer Classes, Tuesdays, 10-Noon (call)

Art Classes, W'days, 9:30-11:30 (call)

Williamsburg:

Highland Valley Congregate Meals,

Tues-Thurs. 11:45

Tai Chi Classes, Thursdays 9:30-10:30

Gentle Yoga, Thursdays, 3:45-4:45

Brown Bag, 2nd Thurs 9:30-1

Blood Pressure Clinic, 2nd Thurs 11:30

Craft Workshops (call for info)

Worthington:

Monthly COA Potluck Luncheons

Call for more info.

Financial Literacy? Now What??

Hello all,

Last month I told you a bit about TRIAD and how I got involved with volunteer financial counseling. You might want to know what my perspective is on researching and writing these columns. I'm writing for seniors like me who can benefit from education on things like current scams and tips for doing better with money. I also believe that seniors can often influence others, maybe children, close friends, others who have not reached our – ahem – level of years and experience. My hope is that you can and will share... It has always been true that one generation has helped another.

What is also true today is that our financial world is a lot more complicated than it used to be. The phrase "financial literacy" is now common when we read about budgeting, intelligent consumerism, smart use of credit, managing debt, sensible investing, and staying safe with electronic transactions and avoiding identity theft. Even items that used to be straightforward give us more choices to make, such as buying insurance.

Jump\$tart works to improve children's and teacher's financial smarts and defines financial literacy this way- "...the principles and methods that individuals use to acquire and manage income and assets. Financial literacy is the ability to use knowledge and skills to manage one's financial resources effectively for lifetime financial security..." From the President's Advisory Council on Financial Literacy, put another way, it is good to "manage your money and not be managed by your money."

All this is a way of saying that my columns will be aimed towards increasing your financial literacy and helping you assist and influence others. And my financial literacy will be improved as well; it seems to work out that a person learns more when they are preparing to teach. So, thanks!

~Jean O'Neil, TRIAD committee, Williamsburg

Hilltown Elder Network (HEN)

HEN provides eligible seniors with up to two hours of housework/shopping/etc. per week. HEN is run by the Hilltown Community Development Corp. (HCDC). **If you could use a little help around the house, call the Cumington Coordinator, Jane Neri at 413-634-5708 or Charlie Hayes at 413-296-4536, Ext. 120.**



Grandparents Support Group

*Support for those who are raising a child's
or a grandchild's child*

*"Nobody can do what grandparents do.
Grandparents sprinkle star dust over
the lives of little children."*

Who are we?

We are grandparents who love our families and our grandchildren. Together we ease our concerns, share the good times and help one another to grow and be the best we can for our grandchildren, our families and ourselves.

Come join us!

Meet other grandparents
Share your challenges and joys
Learn the newest parenting tips
Learn about resources
Learn from each other

Have fun!

Meets the 3rd Monday of each month
at the
Williamsburg Senior Center Auditorium,
1:00 - 2:30 pm (elevator accessible)

Please Contact Pat Keith, 413-563-1981
or patkeith@unitedarc.org

The Grandparents Group is a program of The United Arc in conjunction with the Easthampton Council on Aging & Enrichment Center. Funded in part by Title III under the Older Americans Act, Massachusetts Executive Office of Elder Affairs and Highland Valley Elder Services.

You May be Eligible for Help!
Need Help Filling Out Forms? Wondering if you are eligible to receive help? (Fuel Assistance, SNAP, Brown Bag, Verizon, National Grid, etc.) Some of the Senior Centers have applications and training to help you apply for resources available to you! **Call your Senior Center or call Janet Dimock, Community Health Worker at the HCHC (also known as the Worthington Health Center) at 413-238-5511, ext. 149 to see how she can help you.**

Meet Peg Whalen

Peg Whalen has recently been hired by the Hilltown Community Health Center, in collaboration with the Consortium, as the new Outreach Worker for the Northern Hilltown Consortium as part of our SIG grant. Peg has been hired to manage and effectively implement the Northern Hilltown Outreach Coordinator Grant in each of the seven Hilltowns in our Consortium. She will work with the COAs to design strategies and procedures for identifying, assessing and meeting the needs of our senior citizens. In addition, Peg will assist COAs as we work to identify ways to build community partnerships, increase volunteer numbers and volunteer driven programming.

Peg comes to us with many years of experience with community based programming through non-profit agencies. She has done a variety of human service work including working with seniors as a homemaker and chore services worker with the Hampshire County Home Care agency. More recently she worked with the Sutton Council on Aging as an Outreach Assistant volunteer. Her outreach experience at the Sutton Council on Aging added to her existing knowledge of elder populations, the changing needs of aging citizens, and familiarity with aging services in Massachusetts.

We are very excited about starting our work with Peg!

Williamsburg Senior Center Offers Summer Salads!

We've begun planting our garden and have purchased a farmshare! Williamsburg Senior Center is now offering a Salad Luncheon every Monday through the end of August. We will be serving a nice green salad with your choice of toppings and dressing, along with a protein, such as chicken, tuna, salmon, & egg salads. Also serving bread and dessert—all for the price of **\$2.00!** Meals-to-go will also be packed for those of you who like to take them home or have them delivered.

Veggies are so good for our health and well-being—Come to the Café at the Williamsburg Senior Center at 11:45 for your meals or pick-up. **Please call by Thursday to reserve your meal(s) at 268-8407.**

We Don't Want ANY Hilltown Seniors to Go Hungry!

We have many programs to help you out in this day of high prices and fixed incomes. **Congregate Meals, Brown Bag, and the Senior Center Food Pantry are all FREE!** Yes, you can make a donation, but they are FREE to all seniors. Congregate Meals are served every Tuesday, Wednesday and Thursday in the Williamsburg Senior Center in Haydenville. **Seniors from all towns are welcome!** We ask that you reserve your meal at least two days ahead at 268-8407. Call your COA and/or see the Referral Sources on Pg 5 for food pantries, Brown Bag, SNAP and other Food related services. Don't go hungry!

The Cummington Council on Aging would like to say **THANK YOU** to all of you who have sent in donations to help support our programs!!

If you haven't already, won't you please consider making a contribution? Your help will support our monthly newsletter and our Neighbor to Neighbor transportation program. Many of the folks receiving these services would be isolated without our help. If you would like to make a donation, please fill out the form below and send it with your check made out to the Cummington Council on Aging and write "program support" in the memo line. We thank everyone for their continuing support.

 **The Cummington Council on Aging counts on YOUR support to continue our important programs for local seniors!**

I would like to contribute to the COA. My contribution of \$_____ is attached.

Name _____

Address _____

Thank you for helping to Support Your Neighbors!

The Cummington Council on Aging



RESOURCES DIRECTORY

Domestic Violence Advocate , Hilltown Safety at Home (HS@H)	413 559-8039
If you need help in an emergency, call 911 or the Safe Passage hotline	888 345-5282.
Elder Abuse Hotline	800 922-2275
First Call for Help Information and Referral Resources	800 339-7779
Fuel Assistance Application and Recertification (after 11/1)	800 370-0940
Hilltown Elder Network – H E N (sponsored by Hilltown CDC)	413 296-4536
Help inside the home & errands (waiting list)	
Veteran's Service Officer Tom Geryk	413 587-1299

Food Services:

Food Bank of Western Massachusetts Brown Bag Program	800 247-9632 or 413 268-8407
Food Stamps - Supplemental Nutrition Assistance Program (SNAP)	413 552-5400
For assistance call Fran @ Williamsburg COA	413 268-8407
Hilltown Food Pantry - Goshen Town Hall* - Diane Meehan, Director	413 268-7578
*Each Wednesday 1-3 PM; 3 rd Wednesday 1-6 PM	
Meal Site Williamsburg Senior Center	413 268-8407
Meals on Wheels Highland Valley Elder Services (HVES)	413 586-2000 or 800 322-0551
Northampton Survival Center , 265 Prospect St. Northampton	413 586-6564
Salvation Army Emergency Food, Fuel or Medication Vouchers	413 586-5336/6564

Health Services:

Highland Valley Elder Services Intake referral for homecare, etc.	413 586-2000
Hilltown Community Health Center - Medical & Dental	413-238-5511
Mary Kane, RN, HOPE Nurse	413 238-5511, ext. 131
Janet Dimock, HealthWise Community Health Worker	413 238-5511, ext. 149
Podiatrist Dr. Michael Coby , call Williamsburg Senior Center	413 268-8407
to schedule (Office hours alternating months at the Senior Center)	
Foot Care Kip Moeller , foot care in Goshen or in-home visits	
Call Liz Loven for appointment	413 268-7122
Diane Roeder , foot care in Westhampton	413-374-0457
SHINE, Medicare & Drug Coverage Part D & Prescription Advantage	
Wayne Glaser	Call your COA for appointment
Lorraine York-Edberg	413-773-5555, ext 2275
Mass Health and New Health Coverage	
John Bergeron, HCHC-Huntington	413-667-2203
Eli Stark at the Hilltown CDC-Chesterfield	413 268-0200

Transportation Services

Chesterfield FRTA Volunteer Driver, Carol Jolly	413-296-4254
Cummington Neighbor to Neighbor Drivers	413-634-2262
Westhampton transportation to appointments or grocery shopping, Susan Everett	413-527-9098
Williamsburg Medical Rides Williamsburg Senior Center (to schedule)	413 268-8407
PVTA Dial-A-Ride (tickets sold at Williamsburg Senior Center)	866-277-7741
PVTA Shopping VAN (Williamsburg) -Tuesday shopping trips & trips to town, \$2.00	413 268-8407
FRTA Van (Cummington) Shopping trips on Tuesday mornings, med appts. afternoons) Ellie Loomis	413-268-7582
(Goshen Shopping trips & Med rides on Tues., Weds. & Thurs. with advance notice) Ellie Loomis	413-268-7582

Local Councils on Aging

Chesterfield COA , Suzy Canter Kirsch	413-296-4007
Cummington COA , Carolyn Urekew	413-634-2262
Goshen COA , Rosemarie Clark	413-268-8236
Plainfield COA , Jane Neri	413-634-5703
Westhampton COA , Pat Miller	413-527-2404
Williamsburg Senior Center , Marie Westburg	413-268-8407
Worthington COA , Sandra Epperly	413-238-5584

Cummington Council on Aging
P.O. Box 95,
Cummington, MA 01026

Prsrt Std
US Postage
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Permit 183
Greenfield MA

**CUMMINGTON
COUNCIL ON AGING**

Carolyn Urekew,
Director
413 634-2262

Anne Parsons
COA Chairperson
634-5707

Elliot Ring
COA Co-Chairperson
634-5666

**CUMMINGTON COA NEWSLETTER HAS BEEN FUNDED IN PART BY: GENEROUS DONATIONS,
THE TOWN OF CUMMINGTON, and THE EXECUTIVE OFFICE OF ELDER AFFAIRS**

Save the Date!

The Plainfield Senior Center will host
a performance of

“Jerry Atric–The Older I Get”

by Steve Henderson

Wednesday, July 8, 2015

Plainfield Town Hall, 348 Main Street, Plainfield

The performance features comical
and touching stories about
experiences of an elderly man with
healthcare, ice cream and even
romance.

**Come to Plainfield and
enjoy the show!**

*The program is supported in part by
the Plainfield Cultural Council, a local
agency, which is supported by the
Massachusetts Cultural Council,
a state agency*



**Chesterfield COA
Annual Picnic!**

Food, fun and Music!

Join the Chesterfield COA for their Annual Picnic! Meat will be provided and cooked by the Northampton Elks. Other foods are Pot Luck. *(Please consider a small donation in lieu of bringing food.)* Music will be provided by the Horse Mountain Jazz Band. Join the fun!!



**Westhampton COA
Annual Picnic!**

More Food, fun and Music!

The July **COA Picnic & Volunteer Recognition** will be held at **noon, July 2nd, at the Florence Civic and Business Center**. This is a **catered meal**, so everyone can just come and enjoy the picnic. The Horse Mountain Jazz Band will provide music for this event! See you there on the 2nd!